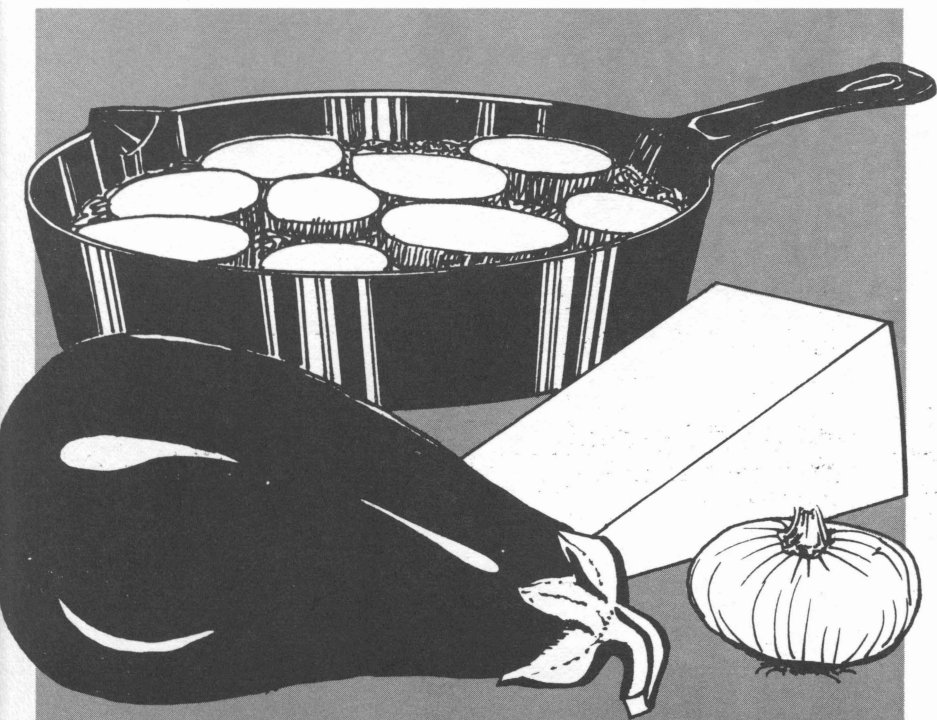


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Eggplant-Beef

This recipe makes enough for 4 people.



What you use

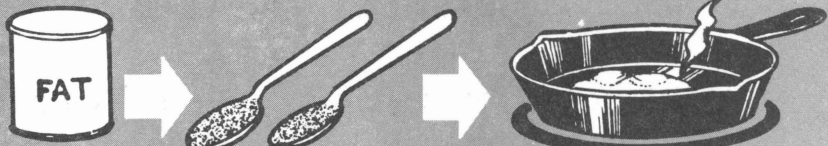
- | | |
|-------------------------|-----------------------------|
| 2 tablespoons fat | $\frac{1}{2}$ teaspoon salt |
| 1 small onion | 1 medium eggplant |
| 1 pound ground beef | a little salt |
| 1 tablespoon flour | a little pepper |
| 2 cups tomato juice | 1 cup cheese |
| 1 teaspoon chili powder | |

The Texas A&M University System
Texas Agricultural Extension Service
J. E. Hutchison, Director
College Station, Texas

How to make Eggplant-Beef

Wash all fresh vegetables before you cook them.

1

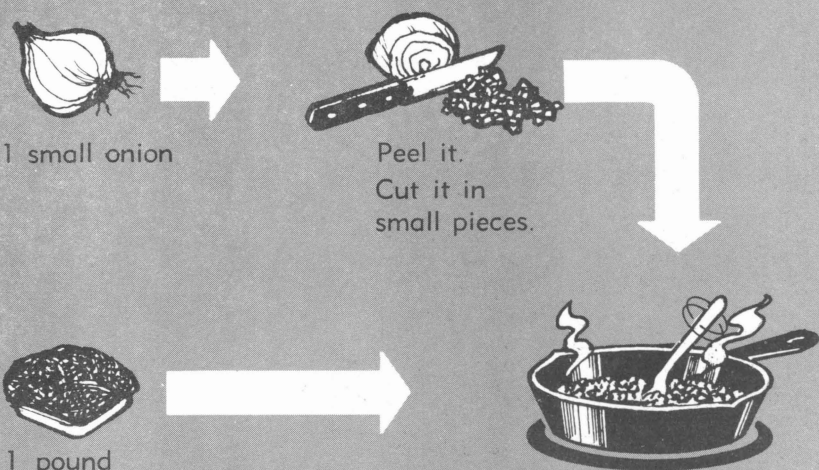


Fat

2 tablespoons

Put fat in a frying pan.
Let it melt.

2



1 small onion

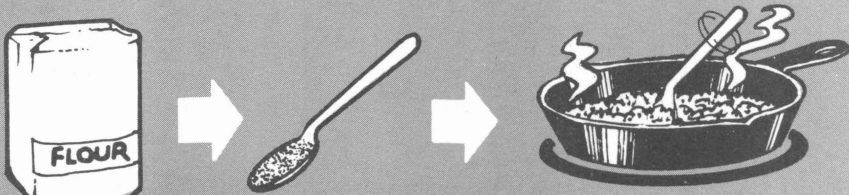
Peel it.
Cut it in
small pieces.

1 pound
ground beef

Add onions and
ground beef to hot fat.
Let them brown.
Stir as they cook.

Pour off fat if you want to.

3



Flour

1 tablespoon

Sprinkle flour over
onions and meat. Stir.

4



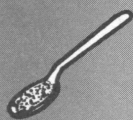
Tomato juice



2 cups



Chili powder



1 teaspoon

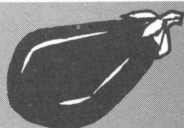


Salt

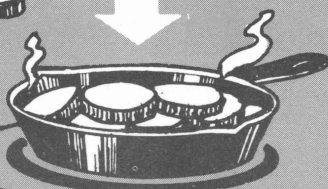
 $\frac{1}{2}$ teaspoon

Add tomato juice,
chili powder, and salt.
Stir.

5

1 medium
eggplant

Cut it in slices
about 1 inch thick.



Put sliced eggplant
on top of meat.

Turn heat low.



LOW

6



Salt



a little



Pepper



a little



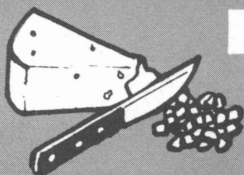
Sprinkle salt and
pepper over eggplant.

7

Cover pan with a lid.
Cook about 15 minutes.
Cook until eggplant is tender.



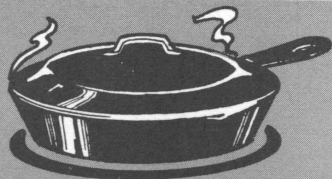
8



Cheese
Cut in small pieces



1 cup



Sprinkle cheese
over eggplant.
Let it melt.

**A Good Diet has meat, eggs, cheese,
or dry beans or peas every day.
It also has fruits and vegetables.
A good diet has milk and cereals.**

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